

## ABSTRACT OF THE INVENTION

[0071] A soft tissue anchor device and methods of installing the soft tissue anchor device are disclosed. The device has an elongate body having a proximal end and a distal end. There is a helical anchor on the distal end. A retention structure is provided on the body, proximal to the anchor. The device also includes a proximal anchor, moveably carried by the body. The device includes an adjustable flange that is configured to receive the proximal anchor. The proximal anchor is configured to be rotational with respect to the flange. The adjustable flange is configured to be positioned at a variable angle with respect to the body. The proximal anchor is moveable in the distal direction with respect to the body and the retention structure resists proximal movement of the proximal anchor with respect to the body.